



W@W

Winning @ Wellness

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Be Healthy @ Work: Keeping Men Healthy

Hey men-how many times have you either skipped or didn't schedule a medical preventative screening because you didn't think you needed to do it?

Why are health screenings important?

Regular health screenings can detect problems before they start. They also can help find problems early, when your chances for treatment and cure are better. By getting the right health services, screenings and treatments, you are taking steps that better your chances for living a longer, healthier life. Your age, health and family history, lifestyle choices (i.e. what you eat, how active you are, whether you smoke) and other important factors impact what kind and how often you need healthcare.

Why do men not go to the doctor?

There are many reasons why men avoid going to the doctor. *WebMD* states that some of those reasons are: stoicism, high cost of the tests, busy schedules, challenges to getting an appointment, being afraid of what the doctor may say and the potential embarrassing nature of some of the exams.

What health screenings are important?

There are some health screenings that are important for men. Below are some of those tests, how often you should get them and recommended ages to start.

- **Cholesterol/Lipoprotein profile**

Cholesterol is a type of fatty protein in your blood that can build up in your arteries, so knowing how much you have is a pretty good predictor of your risk for heart disease. You have two kinds of cholesterol: high-density lipoproteins (HDL) and low-density lipoproteins (LDL). HDL is good and protects your heart, while LDL is bad and can put your heart at risk.

A blood test measured in milligrams per deciliter (mg/dl) is performed. It usually measures triglycerides at the same time. You should get your cholesterol tested at least every five years starting in your 20s-more often if your levels are high or you have a family history of heart disease.

- **Blood pressure**

Checking your blood pressure on a regular basis is one of the most important things you can do to protect your present health. If your readings are more than 140/90, it places stress on your heart, which can lead to heart disease and stroke. If your readings are normal (under 120/80), checking once a year is good. If you have a family history of high blood pressure (hypertension) or are on medications for hypertension, you may want to get it checked more often. It is never too early to start checking your blood pressure.

- **Colorectal cancer**

Colorectal cancer occurs when some of the cells that line the colon or the rectum become abnormal and grow out of control. The abnormal growing cells create a tumor, which is the cancer. All men (and women) over the age of 50 should be tested. Risk factors for developing colorectal cancer include: older age, personal/family history, sedentary lifestyle and race. Getting screened can save your life. If detected early, it can be effectively treated.



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- **Diabetes**

Diabetes is a condition whereby the body is not able to regulate levels of glucose (sugar) in the blood, resulting in high glucose levels. It can increase your risk for blindness, kidney failure, heart disease, nervous system damage and limb amputation. For someone who does not have diabetes, your blood sugar before a meal should be <100 mg/dL and after a meal it should be <140 mg/dL. If you have no risk factors, you can start getting tested in your 40s. If you are overweight, have high blood pressure or a family history of diabetes, you should get tested at an earlier age.

- **Prostate cancer**

Prostate cancer is one of the most common cancers in men-it affects one in six men. It is usually a very slow growing cancer, often causing no symptoms until it is in an advanced stage. As men age, their prostates can cause them trouble by growing larger. Risk factors include: older age (chances increase as men age), being African-American, a family history and obesity. There are two screening tests used to check for prostate cancer-a digital rectal examination and a prostate specific antigen (PSA) blood test. The American Cancer Society suggests men start being tested at age 50, unless you have some of the symptoms. If so, men should be tested at age 45.



Are there other screenings that men should get?

Although this is not an inclusive list, there are other screenings that men should get. Some of those include:

- Obesity
- Depression
- Sexually transmitted diseases (STDs) and HIV
- Abdominal aortic aneurysm
- Skin cancer
- Testicular cancer
- Hearing and eye exams

Screenings are important to you and your loved ones.

While some of these screenings can be embarrassing or uncomfortable, it is important to have them because they can help prevent common and serious diseases. Keep in mind that if heart disease, cancer or other major illnesses run in your family, these screenings and examinations are even more important. Get screened, not only for your own health, but also because of your family and other loved ones!



Resources:

<http://men.webmd.com/features/mens-health-tuneup-schedule-medical-tests>

<http://www.idph.state.il.us/menshealth/screening.htm>

<http://www.ahrq.gov/patients-consumers/patient-involvement/healthy-men/healthy-men.pdf>

An Ounce of Prevention: Rabies Prevention

Summer is here and you will probably find yourself spending more time outside. You are not alone—wild animals also enjoy roaming around outside this time of year. These animals can spread diseases, including rabies, which is a deadly virus that can kill anyone who is infected with it. People usually get rabies when an animal that has the virus bites them. The good news is that people can easily take steps to help prevent and control rabies.



Keep away from wildlife and unfamiliar animals.

Animals that get rabies include raccoons, bats, skunks and foxes, although other animals are also found rabid each year, including domestic animals such as dogs, cats, horses and cattle. These animals are often in contact with wildlife and can also transmit rabies to humans. In Missouri, rabies occurs primarily in bats and skunks. One of the best ways to protect yourself and your family is to avoid contact with wild or unfamiliar animals. Do not feed or handle them, even if they seem friendly. If you see an animal acting strangely, report it to animal control. Some things to look for are:

- General sickness
- Problems swallowing
- Lots of drool or saliva
- An animal that appears more tame than you would expect
- An animal that bites at everything
- An animal that's having trouble moving or may even be paralyzed

Sometimes, people may find a dead animal. Never pick up or touch dead animals. The rabies virus may still be present in the saliva or nervous tissue, especially if they have only been dead for a short time. If you see a dead animal, call animal control to take care of the animal's body.

Take pets to a veterinarian for their rabies shot. Make sure to take your pets, such as dogs and cats, to the veterinarian each year. A veterinarian can make sure your pets are up to date on their rabies shot, which can protect them from getting the disease. This is important, since animals that have not received a rabies shot and are exposed to rabies must be quarantined for six months, or euthanized. Also, talk to your veterinarian about spaying or neutering your pet. This helps lower the number of unwanted and stray animals. These animals are often unvaccinated and are in close contact with wild animals.

Stay rabies free in and around your home. No matter where you live, rabies can threaten your family's health. Fortunately, there are things you can do around your home to help reduce the risk of getting rabies, such as keeping your pets indoors. When a dog goes outside, make sure an adult is there to watch it and keep it safe. Do not store pet food outside and keep garbage securely covered. These items may attract wild or stray animals to your yard. Teach children to never handle wild or unfamiliar domestic animals.

For more information see the DHSS website on rabies at: <http://health.mo.gov/living/healthcondiseases/communicable/rabies/index.php> or CDC's website on rabies at: <http://www.cdc.gov/rabies/>.

The Employee Buzz...

“What *was your favorite summertime activity growing up?”*

“My favorite activity was swimming! My Dad was in the Air Force and we lived in California for a few years. My Mom would take my sister and I to the base pool and drop us off so we could swim until late in the afternoon. It was great fun and I felt like I could swim like a fish!” **Cece Boos, Bureau of Special Health Care Needs**

“Swimming!!! My parents would drop my sister and I off every weekend when the public pool opened and we would stay until it closed. When Mom picked us up, Dad usually had barbequed. This was the best meal after all that swimming.” **Charlotte A. Morrison, Division of Senior and Disability Services**

“I was blessed to grow up in a subdivision with a community pool...every day during the summer, my brother and I would race to the pool and spend all day playing pool games with the neighborhood kids, snacking, drinking kool-aid and soaking up the sun!” **Jackie Oden, Division of Regulation and Licensure**

“I always looked forward to the week I got to stay with my grandparents. It always included many activities that were different from being at home but I especially loved helping grandpa pick fruits and vegetables from the garden.” **Anna Long, Bureau of HIV, STD & Hepatitis**

“My favorite summer past times were swimming and playing outside with friends.” **Terri Russler, Division of Regulation and Licensure**

“Summer is mango season in Hawai'i. My favorite activity in the summer while growing up in Hawai'i was picking mangos from the mango trees. The wait for summer is always worth it.” **Roy Tu'ua, State Lab**

“Some of my best memories are fishing at a small pond on a beautiful summer day, on an old dilapidated dock with a cane pole, a red and white bobber and worms. I had to bait my own hook with those slimy squiggly worms. Every time I put my fishing line in the water the bobber would quickly disappear.....I had another bite. I couldn't wait to pull the line out to discover what was on the other end of it. Low and behold, I had another bluegill or sunfish! This would go on forever. It was so exciting! I never wanted the day to end. Now that I'm older, fishing has never been the same. Those darn old fish just don't bite like that anymore!” **Anonymous**

“For me, it was spending time along the Little Tavern Creek next to my grandparent's house in Maries County. Back then, we could catch a wide variety of fish and it was quite common to come home with enough fish to feed family and neighbors. After fishing, we would always go swimming. Unfortunately, the Little Tavern has changed a lot since I was a kid. The creek does not support as many fish, has fewer holes deep enough to swim in and seems to have greater algae growth.” **Jeff Wenzel, Bureau of Environmental Epidemiology**

We want to hear from you for the next Employee Buzz! September is National Preparedness Month. We want to know ***“What kinds of things do you put in your family's home emergency preparedness kit?”*** For example, “I keep a flashlight and extra batteries in my kit at home.” For more information on home emergency preparedness kits go to: <http://health.mo.gov/emergencies/readyin3>. Email your response to worksitewellness@health.mo.gov. Please tell us if you do not want your name included with your quote.

“In any situation, the best thing you can do is the right thing; the next best thing you can do is the wrong thing; the worst thing you can do is nothing.”

Theodore Roosevelt

Eat Smart @ Work: Roadhouse Steak with Ancho Chili Rub

Ingredients:

- 1 tablespoon freshly ground black pepper
- 2 teaspoons ancho chile powder
- 4 teaspoons Worcestershire sauce
- 1 teaspoon Dijon mustard
- ½ teaspoon salt
- ½ teaspoon ground cumin
- ⅛ teaspoon ground red pepper
- 2 garlic cloves, minced
- 4 (4-ounce) beef tenderloin steaks, trimmed
- Cooking spray



Preparation:

- Prepare grill.
- Combine first 8 ingredients in a small bowl. Rub spice mixture evenly over steaks; let stand 10 minutes.
- Place steaks on a grill rack coated with cooking spray.
- Grill 5 minutes on each side or until desired degree of doneness.

Serve with roasted red potatoes, sautéed mushrooms and grilled asparagus.

Yield: 4 servings (serving size: 1 steak)

Elizabeth Taliaferro, [Cooking Light](#) MAY 2006

www.cookinglight.com/food/top-rated-recipes/five-star-grill-recipes-00400000028550/page43.html

Nutritional Information

Amount per serving

- Calories: 177
- Calories from fat: 36%
- Fat: 7.1g
- Saturated fat: 2.4g
- Monounsaturated fat: 2.6g
- Polyunsaturated fat: 0.4g
- Protein: 22.3g
- Carbohydrate: 3.9g
- Fiber: 1g
- Cholesterol: 59mg
- Iron: 2.1mg
- Sodium: 441mg
- Calcium: 34mg

Move More @ Work: Corner wall push-ups

How to do it

Take a break from your busy day and find an empty wall. Follow these steps:

- Stand about one to two feet away facing the wall with your feet slightly apart. The closer you stand to the wall, the less strenuous the exercise becomes.
- Place the palms of your hands on the wall. Your arms should be slightly wider than shoulder-width apart.
- Inhale and bend your elbows to lower your head and chest toward the wall as close as you can without touching it.
- Exhale as you push your body back to starting position using your hands. Remember not to lock your elbows.
- Do 11 more wall push-ups, or as many as you can without feeling any pain in your muscles or back.



Why it matters

Push-ups are in many respects a perfect exercise. You can do them anywhere, at any time. No special equipment or gym memberships needed. Done standing up, the wall push-up is a modified version of the classic floor push-up with many of the same benefits. When done correctly, it and the classic floor push-up strengthen and tone the major muscles in the arms, shoulders and core muscles (the muscles responsible for good posture and giving the body enough power to carry out many everyday physical activities).

Resource: <https://challenge.meyouhealth.com/2010/12/24/do-12-wall-push-ups#>

DHSS Wellness Superstar



Doug McKeever started working for the WIC program in June of 1992 as a Computer System Analyst. Since joining the WIC team, he's had many roles with the program; information technology, compliance, vendor training, technical assistance and *other duties as*

assigned. He is currently a Health Program Representative III in the Northwest District health office in Independence.

For most of his life, Doug has enthusiastically enjoyed outdoor activities and now does many with his wife, Tammy. The range of fun activities they enjoy include backpacking, hunting, fishing, canoeing, wakeboarding and bicycling. He and Tammy became certified as personal trainers and spin instructors in 2003/2004 as part of their personal fitness plan.

In the late 1980's one of Doug's friends was diagnosed with the disease Multiple Sclerosis (MS). This triggered his involvement with the National Multiple Sclerosis Society as a supporter of the search for a cure for MS. In 2005, none of the cyclists he had sponsored in previous Bike MS 150 mile (MS-150) fundraisers were going to ride, however, one told him he should ride since he was a bicycle "nut" anyway. That started a new chapter in his life. Tammy decided to support him by riding too. She didn't like riding a bike and had never shared that sport with him.

Since that 150 mile ride in 2005, Tammy became as hooked on bicycling as Doug. They have added League Cycling Instructor from the League of American Bicyclists, to their list of certifications. They have held multiple classes to teach safe cycling to people preparing to ride Bike-MS events. This year's race will be their ninth time riding the Kansas City Bike-MS event and Doug's eighth as part of the planning committee. There are 32, 75, 100, 150 and 175 mile options to choose from.

In June, they will be visiting southeast Missouri for the *Tour de Corn* bike event, with 30, 60 or 100 mile loops. Doug will also be providing bicycle

support for the walkers of the two-day *Heartland Border Walk for MS* coming to Overland Park, Kansas. For more information on the walk, go to www.msborderwalk.org.

Doug said "I encourage all my friends to get out and get some exercise, even if it doesn't include a bike or backpack. Getting involved in a charity walk or ride can help as motivation. Come out and join us for some fun!"

Bike MS 2013 Kansas City Ride Event Details

Welcome to the Kansas City Ride!

Date: September 14-15, 2013

Start/Finish: Garmin Headquarters in Olathe, KS

Overnight Location: South Park in Lawrence, KS

Fundraising Minimum: \$200

Age Minimum: 12 years old

<http://bikeksg.nationalmssociety.org/>

Bike MS passes through the Kansas City Metro area into the back roads of Kansas' finest countryside. The routes include fully-stocked rest stops every 10-15 miles, a great lunch stop each day and safety precautions provided by volunteer EMT's, HAM radio operators and the police department. Partner bicycle shops also provide bicycle repair if needed. The first day ends at South Park in Lawrence, KS, where riders will be treated to a fun Gears & Grooves Festival featuring massages, musical entertainment, food and Boulevard beer. Everyone is up early on Sunday for a free pancake breakfast. Riders then head out on a return journey to Olathe, KS for a finish line celebration and a great feeling of accomplishment.

Race participation aids in assisting support programs, services and research that makes a huge difference to the people who must fight MS every day of their lives.



Dedicated rider, Doug rides through the rain in a MS 150 event.

Worksite Wellness News

Strive For Wellness Ambassador Update

Change in Weekly Wellness Message Delivery

You may have noticed by now that the weekly wellness messages are no longer coming to your email inbox. The messages are still available through the DHSS Worksite Wellness webpage at <http://dhssnet/worksitewellness/workplace.php>. It may be helpful to set a weekly reminder on your calendar so you don't miss out on any of the useful health information yet to come.

Strive Updates

The Strive for Wellness team at Missouri Consolidated Health Care Plan continue to bring you a wealth of information about taking the best possible care of yourself. The upcoming campaigns focus on helping you be a better advocate for your health.

- **Know Your Numbers.** This campaign starting in June and running through July, focuses on the importance of preventative

health maintenance. Each weekly message will give you information about what different health measures mean and what the results mean for your health. The campaign will feature measures related to body weight, cholesterol and blood pressure.

- **Health Check.** This campaign aims to encourage employees to get preventative health screenings such as a vision exam and routine dental cleanings.

As always, the Wellness Committee welcomes your ideas and encourages your participation in all DHSS and Strive wellness initiatives. Please feel free to provide feedback to your committee members and on the evaluation forms available at the end of each *Strive* campaign.

Sincerely,
Pat Simmons & Michelle Jacobsen
DHSS Wellness Ambassadors

Upcoming Wellness Events

Walking Wednesdays

The **1st and 3rd Wednesday** of every month are **Walking Wednesdays**. But don't forget that if there is a **5th Wednesday** in a month, that too is a Walking Wednesday! **REMINDER: By wearing jeans on a Walking Wednesday, you are committing yourself to walking a total of 30 minutes at break and/or during your lunch hour.**

More fun wellness events are being planned. More information to follow in the next newsletter!

